

Abstract

Title: Sprinter's training

Objectives: Determine the dynamics of performance and assess training load in the stage of specialized training. Try to find out why the training load contributed to the expected growth performance in the periods 2009 - 2010 and 2012 - 2013 and that the training load was consistent with model values.

Methods: In the thesis I used the method of content analysis, comparative method, a method of self-reflection, self-analysis and objectification.

Results: In performance analysis, we found out that the highest efficiency in running the 100m was achieved in 2012 and running the 200 m in 2009. Values of training load comparing to model values are average or below average, only the speed endurance values were above average. The main reason for the decline in performance in 2009 - 2010 and 2012 - 2013 were health problems as a result of lack of regeneration and psychological problems arising from unfulfilled performance aspirations.

Keywords: athletics, sprint, special stage sprint training, performance development